



Reston Youth Club Basketball Coaching Guide

- **Head Coach Eligibility Qualifications**

- Must be 18 years of age or older.
- Basic knowledge of the game of basketball.
- Complete the RYC Coach Application & Agreement.
- Agree to follow all RYC Rules/Policies as well as the guidelines in this document.

- **Ways To Coach A Team:**

1. **Bring Your Own Team:** Teams must have at least 4 players to begin a Team Registration. Final rosters that have less than 10 players at the end of registration will have Free Agents added.

- **Steps to Register a Team: Must Complete All Steps**

1. Complete the RYC Coach Application & Agreement.
2. Review the RYC Rules/Policies.
3. Download, complete and email the **RYC Team Roster Sheet** to League@RestonYouthClub.org.
4. Register your team online by following the steps on the **RYC Registration Page**.
 - a. **The coach is primarily responsible for the team fee payment.** Players will pay their share of the team fee directly to the coach. All payments must be finalized by May 31.

All roster updates must be updated on RYC Roster Sheet and emailed to League@RestonYouthClub.org. RYC must approve all roster changes before they can take effect.

2. **Draft a Team:** Coaches will participate in the RYC Draft on the scheduled date.
 - a. Coaches are encouraged to observe the RYC Combine in order to see the player's skills prior to drafting.
 - b. Coaches are expected to contact all players within 48 hours of finalizing their roster. Please contact the league if you are having any issues contacting players.

- **Important 2023 League Dates: Mark Your Calendar**

- Saturday, June 3 - Player Combine and Coach Draft at South Lakes High School
- Friday, June 16 - Season Begins
- Friday, July 7 - All Stars and Spirit Award Selections Due
- Saturday, July 29 - All Star Games & Cookout

- **Team Practices** - Coaches are responsible for scheduling and acquiring their own court space for their team to practice at least one day a week. The league encourages coaches to look for outdoor court space in the Reston/Herndon area that is easily accessible for their players to attend. Coaches are expected to work with the players and parents to ensure all players can attend scheduled practice days.

- **Coaching Availability** - Games will be played Monday through Friday between 5:30 - 10:00 pm. Teams play 8 games in a 6-Week span (Usually 1-2 games/week) plus the playoff tournament that begins as early as Week 6 and continues Week 7. Coaches are expected to be available as much as possible during the season. If a coach cannot make a game day, an assistant coach/team parent is responsible to step in as the head coach. It is recommended that coaches have at least one assistant coach, which can be a parent that agrees to take on that role.
- **Forfeitures** - Coaches are responsible for ensuring at least five players can attend every game to prevent forfeits.
 - **Blackout Dates** are days that your team cannot field 5 players for a game day, not a day a head coach will miss. Blackout Dates must be submitted to the league at least a week before the season begins in order to be considered.
 - After the Blackout Date submission, coaches should still confirm their team count the day before each game day and contact the league if your team doesn't have enough players for the next day's game.
 - **Teams that have 2 or more forfeitures will be reviewed by RYC and may be ineligible for the playoffs.**
- **Game Day** - As the coach, you are expected to be the example for your players, families, and other spectators. Failure to exemplify positive sportsmanship may result in suspension or expulsion from the league.
 - Only players that are registered and on the RYC approved roster are eligible to participate in league play.
 - A team can begin a game with four players. If a team does not have at least five players by the end of the two minute halftime, that team will forfeit the game.
 - All players are required to play at least ten (10) minutes per game.